



Cyber Mobbing and Sexting

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What is Cyber Mobbing?

Definition and Impact

Cyber mobbing, also known as online bullying, refers to the use of digital communication tools to harass, intimidate, or threaten individuals or groups. It can include spreading rumors, sharing embarrassing images, or creating fake profiles to humiliate others. The impact of cyber mobbing can be severe, leading to emotional distress, social isolation, and in extreme cases, self-harm or suicide.

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Types of Cyber Mobbing



Harassment and Trolling

Harassment involves repeated, hostile behaviors intended to disturb, upset, or provoke others, while trolling refers to making inflammatory or off-topic comments with the aim of provoking an emotional response.

Outing and Exclusion

Outing involves sharing someone's private information without consent, while exclusion entails deliberately excluding someone from an online group or social activity.

Cyber Stalking and Impersonation

Cyber stalking involves repeated actions that make a person feel afraid or concerned for their safety, while impersonation refers to creating fake accounts to deceive or manipulate others.



Impact of Cyber Mobbing

Emotional Consequences

Emotionally, individuals targeted by cyber mobbing may feel overwhelmed, experience a loss of trust, and have difficulties forming and maintaining relationships.

Psychological Effects

Cyber mobbing can lead to anxiety, depression, and feelings of helplessness. Victims may experience a decline in self-esteem and suffer from post-traumatic stress symptoms.

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What is Sexting?

Definition and Implications

Sexting involves sending or receiving sexually explicit messages, images, or videos via digital devices. It can lead to privacy breaches, personal embarrassment, and legal implications, especially involving minors and non-consensual sharing.

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Risks of Sexting

Legal Ramifications

Sexting involving minors or non-consensual sharing may lead to legal consequences such as child pornography charges or violation of privacy laws.

Social Stigma

Engaging in sexting can result in social stigma, reputation damage, and psychological distress for those involved, particularly if private images are shared without consent.



Prevention and Support

Prevention Strategies	Support for Victims
Educational Campaigns	Counseling Services
Digital Literacy Programs	Community Support Groups
Strict Policies and Laws	Online Helplines